



FRIDAY NIGHT FACTS

Office of Faith-Based and Community Initiatives

Mitchell E. Daniels, Jr., Governor

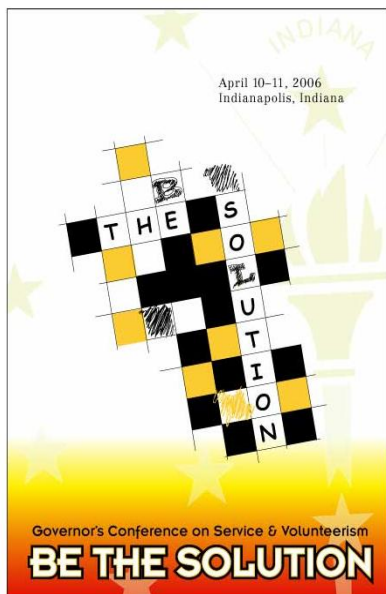
Paula Parker-Sawyers, Executive Director

A Periodic Publication for Indiana AmeriCorps* Programs and Community Service Partners
March 31, 2006

Volume 6 , Issue 7



Welcome to **Friday Night Facts** ! As a pre- and post conference activity for the Governor's Conference on Service and Volunteerism, over 200 state employees will donate a vacation day to help build a Habitat for Humanity house. As employees we wanted to salute the spirit of volunteerism in a very tangible way. With assistance from the Indiana Housing and Community Development Authority, the Lieutenant Governor, Department of Homeland Security, the Department of Correction and many, many individual employees, a family will wake up in a new house on May 14th. The build will begin on April 6th with the Lt. Governor hitting the nail with her hammer. For the rest of April, the building crew from Habitat with volunteers from the state will bring life to this new home. A mural for the child's room was donated, a flag pole and flag, meals for the workers and much, much more. This effort is truly symbolic of how the Governor describes "Hoosiers helping Hoosiers". As state employees, we are proud to carry on the tradition of volunteerism in Indiana. This is a perfect way to kick-off the Governor's Conference on Service and Volunteerism. If you can, come join us at the conference to celebrate this great spirit of caring and giving.



T MINUS 10 AND COUNTING

Where are you going to be on April 10th and 11th? We hope you will be at the conference with us! Just a reminder the Conference Registration price of \$125 will remain in effect until April 7th. The walk-in fee will be \$175. We have also extended the deadline to reserve your spot for the Governor's Awards Dinner until Friday, April 7th. Hurry...

TIME IS RUNNING OUT !

Visit our website at www.ofbci.in.gov



Free Tobacco Quit Line Launched on March 22, 2006

Smoke free Indiana announces a partnership with Free & Clear, Inc. to launch a statewide telephone-based tobacco treatment program, the Indiana Tobacco Quit Line. Services will be targeted to pregnant smokers and other priority populations. Hoosiers now have access to comprehensive tobacco treatment services by calling 1-800-QUIT-NOW. Free & Clear was chosen to run the quit line based on its comprehensive service offerings, evidence-based approach and proven efficacy. Services are available in both English and Spanish; translation is available for other languages.





GRANTS FORECAST



Be sure to review the FY 2006 Grants Forecast (as of March 13) at <http://www.ed.gov/fund/grant/find/edlite-forecast.html>, which lists virtually all programs and competitions under which the Department has invited or expects to invite applications for awards and provides actual or estimated dates for the transmittal of applications under these programs. The lists are in the form of charts – organized according to principal program offices – and will be updated regularly through July 2007. (Note: This document is advisory only and is not an official application notice of the Department of Education). Save this website in your favorites and check it frequently.

GRANT OPPORTUNITY FOR FBCOs

Ryan White Title III: Capacity Building

SUMMARY: The purpose of this grant program is to support eligible entities in their efforts to strengthen their organizational infrastructure and enhance their capacity to develop, enhance or expand high quality HIV primary health care services in (1) rural or (2) urban underserved areas and (3) communities of color.

ELIGIBILITY REQUIREMENTS: Applicants must be public or private nonprofit entities that are or intend to become HIV primary care provider agencies. Faith-based and community organizations are eligible to apply.

DUE DATE: Applications are due by May 5, 2006.

AWARD AMOUNT: An estimated 15 awards totaling \$1,500,000.

CONTACT INFORMATION: Sylvia Trent-Adams, 301-443-1377. Email: Strent-adams@hrsa.gov

FULL ANNOUNCEMENT: <http://www.grants.gov/search/search.do?mode=VIEW&oppId=8346>

19th ANNUAL NATIONAL CATHOLIC HIV/AIDS MINISTRY CONFERENCE JULY 12-16 2006

The 19th Annual National Catholic HIV/AIDS Ministry Conference will be held from July 12-16, 2006 at Loyola University Chicago. The conference theme is Are We One Body? Through worship, speakers, networking and workshops, attendees will reflect on what it means to be sisters and brothers in the one body as well as the importance of being one while celebrating diversity. The reality is that if one among us is living with HIV/AIDS, we are all living with HIV/AIDS. So we gather as African Americans, Latinos, Asians and Caucasians; as HIV positive and HIV negative; as people in HIV/AIDS ministry and people impacted by HIV/AIDS; as young and as old.

The conference will begin with a full day assembly looking at HIV/AIDS in Hispanic communities. Plenary speakers will focus on the link between HIV/AIDS and Eucharist, the challenges of the health care system for people living with HIV/AIDS, an overview of the global pandemic. A variety of workshops as well as interaction with the diverse participants will help us to affirm that though we are many parts, we are all one body. The conference will conclude with Sunday worship celebrated by Bishop Howard Hubbard, Bishop of Albany and homilist Bishop Jaime Soto, Auxiliary Bishop of Orange, CA. To learn more about the conference, visit <http://www.regonline.com/eventinfo.asp?EventId=27657> or <http://www.ncan.org>.

FitCity Monthly Fitness Focus

Adding the right fuel to your body. Feel the winter blues lagging as spring sets in? Don't be so quick to blame it on the storm clouds or the chilly Indiana weather—it might just be your diet. The wrong foods and beverages contribute to your well-being, inducing late morning yawns and afternoon fatigue. So what's the best way to give your body the fuel it needs? Follow what you learned in kindergarten—the food pyramid. Read below to see how to work in the correct amounts of food and how much an ounce of grain really amounts to.

Be choosy about your grains. You should eat 6 ounces of grains a day—and make half of them whole. Choose whole-wheat bread, bagels, pita bread, spaghetti and oatmeal to add nutritious value. One ounce is comparable to a slice of bread, a cup of cereal or ½ cup of cooked rice or pasta.

Be fruity. Eat a variety of fruits, but be wary of fruit juices. You should eat two cups of fresh, frozen, canned or dried fruits such as bananas, strawberries and melons.

Veg-out. It's easy to add veggies like lettuce, tomatoes, peppers, celery and zucchini to a sandwich or salad, or just munch on them raw for a snack. Vary your 2 ½ cups daily intake to include dark veggies such as broccoli and spinach, along with orange vegetables such as carrots and sweet potatoes.

Got milk? It's important to consume three servings of dairy products daily to keep your bones healthy. So drink milk for lunch or substitute milk for soda while dining out. Freeze a cup or tube of yogurt overnight and add it to your packed lunch in the morning. It makes for a great treat by noon, and keeps the rest of the lunch cold. For your third serving, add a slice of cheese to your sandwich or have some string cheese for a snack.

Lean machine. Don't forget about the protein. It's important to eat 5 ½ ounces every day. Vary the routine to include fish, beans, nuts and seeds—but choose low-fat or lean meats and poultry.

For more tips about eating healthy and staying fit, log onto www.fitcity.info

EXCUSE ME, DO YOU HAVE THE TIME?

Beginning at 2 a.m. on Sunday, April 2nd, Indiana will begin observing daylight-saving time statewide for the first time in more than 30 years. The state has been a patchwork of time zones. Seventy-seven counties observed Eastern time but didn't change clocks. Five were on Eastern time and unofficially observed daylight-saving time, and 10 were on Central time, observing daylight-saving. The map to the right reflects the change that will take effect.

Some one-time changes are required to ensure your computer operates correctly. Manual changes by you may be required. If you do not make these changes, bad things could occur, such as the meetings scheduled on your computer calendar could move to an hour later than intended. Don't forget to change the time zone on your blackberries, other PDA's, office clocks, etc.

Don't forget to 'spring forward' your clocks one hour before going to bed on Saturday night. Watch your local news or read your local newspaper for additional tips and reminders. Enjoy your additional hour of daylight!

